

# Moral and Ethical Conduct (Sadachara) - The Fourth Foundation of Precious Human Life

Volume - 14 (Lesson - 4)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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## PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect  
towards the right path.

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,  
Lead us from darkness unto Light,  
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the  
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।  
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the  
Collyrium-stick of Knowledge, the eyes of him who  
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥  
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher  
and the taught). May He cause us both to enjoy the bliss of  
Mukti (liberation). May we both exert to find out the true  
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

## **Life Building Science**

### **TABLE OF CONTENTS**

<b>Section / Lesson</b>	<b>Contents</b>	<b>Page No.</b>
Lesson 4	Moral and Ethical Conduct ( <i>Sadachara</i> ) — Fourth Foundation of Human Life	06

## Lesson No. - 4

### Moral and Ethical Conduct (*Sadachara*) — Third Foundation of Human Life

The fourth lesson is "**Moral and Ethical Conduct or *Sadachara***", which is the fourth foundation of human life.

**Meaning:** - Moral and Ethical conduct or *sadachara* means performing of moral and ethical actions, good actions, righteous actions or virtuous actions in various spheres of human activities in the day-to-day life of human beings. Ethical conduct or *sadachara* is the expression of noble character or *satcharitra* in actions in one's day-to-day life.

**Necessity:** - Moral and Ethical conduct or *sadachara* is the fourth foundation which is necessary for building of human life.

(i) By performance of moral and ethical conduct or *sadachara*, the foundation of human life can be proper and strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. both economically and materially prosperously as well as spiritually happily and peacefully; and also it can be lived ideally.

But without performance of moral and ethical conduct or *sadachara* i.e. with performance of unethical conduct or bad actions or *asadachara*, the foundation of human life will be improper and weak; and upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, poverty, sorrows, sufferings, miseries, unhappiness and peacelessness, both in the secular and professional life as

well as in the spiritual life.

Hence, performance of moral and ethical conduct or *sadachara* is extremely necessary in human life.

(ii) Moral and Ethical conduct or *sadachara* is stated as humanly and is treated as synonymous with human being. Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints, Sages and Great Ones say that without performance of ethical conduct or *sadachara*, a man is like an animal with a human body. Because a man without moral and ethical conduct or *sadachara* performs animalistic actions or beastly actions in his life. Even, he, at times, performs beastlier than the beastly actions and commits brutal, heinous and shocking crimes. Thus, immoral and unethical conduct or unrighteous conduct or bad conduct or *asadachara* is animalistic. Therefore, performance of moral and ethical conduct or *sadachara* is extremely necessary in human life.

(iii) Further, according to the universal and immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", moral and ethical conduct or righteous actions bestow good results and immoral and unethical conduct or bad actions yield bad results. As such, performance of moral and ethical conduct or righteous actions or *sadachara* will bestow good results in human life. Thereby, human beings can achieve real success both in their professional and secular life and in their spiritual life. And human life can be ideal, successful, purposeful, prosperous, happy and peaceful.

Similarly performance of immoral and unethical conduct or unrighteous actions or *asadachara* will yield bad results in human life. Thereby, human beings can not achieve real success either in their professional and secular life or in their spiritual life. Also human life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense.

And as all human beings always want good results, success, victory, prosperity, happiness and peace in their life, performance of moral and ethical conduct or righteous actions or *sadachara* is badly necessary in their life.

In view of the foregoing, there is a great necessity for performance of moral and ethical conduct or *sadachara* in human life.

**Importance:** - Moral and Ethical conduct or *sadachara*, like noble character or *satcharitra*, is another most important foundation of human life.

(i) As discussed above, moral and ethical conduct or *sadachara* is stated as humanly and is treated as synonymous with human being. Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that without performance of moral and ethical conduct or *sadachara*, a man is like an animal with a human body. Because a man without moral and ethical conduct or *sadachara* performs animalistic actions or beastly actions in his life. Even, he, at times, performs beastlier than the beastly actions and commits brutal, heinous and shocking crimes. Thus, immoral and unethical conduct or unrighteous conduct or bad conduct or *asadachara* is animalistic. Therefore, moral and ethical conduct or *sadachara* is extremely important in human life.

(ii) A human being by performance of moral and ethical conduct or *sadachara* can achieve real success, victory, true prosperity, real happiness and peace in his professional and secular life. He can also perform his spiritual practices or *aadhyatmik sadhana* easily, smoothly, efficiently and effectively. Thereby, he can achieve success in his spiritual life and cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly and efficiently. That means, he can achieve *Moksha* or Liberation of the Soul from the cycle of births and deaths or God-realisation



or Self-realisation easily, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*, and according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*.

(iii) Moral and Ethical conduct, in accordance with the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", will result in shaping of the future destiny of human beings into a good one. As a result, human beings will reap good results and will achieve success, victory, happiness, peace throughout their whole life i.e. both professional and secular life as well as spiritual life. But immoral and unethical conduct will result in shaping of the future destiny of human beings into a bad one. As a result, human beings will reap bad results and will have failures, defeat, unhappiness, peacelessness in their whole life i.e. both professional and secular life as well as spiritual life.

(iv) Moral and Ethical conduct is the most important ingredient which contributes a great deal towards building of an excellent and magnetic personality of human beings.

(v) Our Scriptures speak highly of the importance of ethical conduct or *sadachara*, some of which are as under:-

Manusmriti says:-

The norm of conduct or *sadachara* specified in the *Shrutis* or *Vedas* and *Smrutis* is the highest *Dharma*. Therefore, a *Dvija* or a seeker of self-benediction should sincerely practise it (*sadachara*) always. (Manusmriti - 1-108)

“आचारः परमो धर्मश्च्युक्तः स्मार्त एव च ।

तस्मादस्मिन् सदा युक्तो नित्यं स्यादात्मवान् द्विजः ॥”

(मनुस्मृति - १ - १०८)

Mahabharata says:-

Right conduct or *sadachara* is the main canon of *dharma*, and saints perform right conduct or *sadachara*. *Dharmik* scriptures also state that right conduct or *sadachara* is the highest

*dharma*. Right conduct or *sadachara* is the origin of *dharma*. Right conduct or *sadachara* increases longevity. It increases not only longevity, but also increases properties and wealth. (Mahabharata - Anushasana Parva).

“आचारलक्षणो धर्मः सन्तस्ताचारलक्षणाः ।  
आगमानां हि सर्वेषामाचारः श्रेष्ठः उच्यते ॥  
आचारप्रभवो धर्मो धर्मादायुर्विवर्द्धते ।  
आचाराल्लभते हि आयुराचाराल्लभते श्रियम् ॥”

(महाभारत - अनुशासन पर्व)

Our Scriptures also say "Conduct (ethical conduct or *sadachara*) is the highest *dharma*, it is greatest penance or *tapasya*, it is the supreme knowledge, and what can not be achieved by performance of ethical conduct or *sadachara* ?"

“आचारः परमो धर्म आचारः परमं तपः ।  
आचारः परमं ज्ञानम् आचरात् किं न साध्यते ॥”

Thus, moral and ethical conduct or *sadachara* is extremely important in human life.

But without performance of moral and ethical conduct or *sadachara* i.e. with performance of immoral and unethical conduct or unrighteous actions or *asadachara*, a human being can not achieve real success, victory, true prosperity, real happiness and peace in his life. Instead, he will have to undergo many difficulties and encounter many obstacles both in his professional and secular life as well as in his spiritual life. Consequently, his whole life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense. Without performance of moral and ethical conduct or *sadachara*, the superstructure of human life will crumble down.

Such is the importance of moral and ethical conduct or *sadachara*, the fourth and the strongest foundation of human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages attach greatest importance to moral

and ethical conduct and place highest emphasis on its performance in the day-to-day human life.

Thus, moral and ethical conduct, like noble character, more than the good physical health and powerful mind, is most important. Our ancient Spiritual Scriptures, our *Rishis*, *Munis*, Saints and Sages, and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also place great emphasis on performance of moral and ethical conduct or *sadachara*, like building of noble character or *satcharitra*. Because, performance of moral and ethical conduct or *sadachara* results in creation of one's good destiny.

**Manner:** - Moral and Ethical conduct or *sadachara* can be performed (i) by performance of moral, ethical, righteous, virtuous actions in all spheres of human activities in one's day-to-day life; and (ii) by refraining from performance of bad, undesirable actions or *asadachara*; and also (iii) by observance of celibacy which gives great mental strength to perform ethical actions, to refrain from performing unethical actions; and to firmly and resolutely adhere to performance of moral and ethical conduct or *sadachara* in all circumstances and in all situations, good or bad, favourable or adverse, throughout the entire life.

**Benefits:** - There will be a large number of benefits by performing moral and ethical conduct or *sadachara*, such as (i) one will be rightly called a "true human being", because moral and ethical conduct is stated as synonymous with human beings, (ii) one will be far away from animalistic or beastly qualities, (iii) one will get good results, victory, success, prosperity, happiness, peace, both in his professional and secular life as well as in his spiritual life. Because, according to the universal and immutable Law of *Karmas* or Actions, viz. "As you sow, so shall you reap", moral and ethical conduct or right actions bestow good results, (iv) one will be free from failures, sorrows, sufferings, unhappiness, restlessness,

etc. in his life which are caused by performance of immoral and unethical conduct or bad actions or *asadachara*, (v) one's moral and ethical conduct will shape his future destiny into a good one according to the above universal and immutable Law of *Karmas* or Actions, (vi) one's moral and ethical conduct will contribute towards building of an excellent and magnetic personality.

However, in spite of the above, our students and youth do not perform moral and ethical actions. Consequently, they undergo sorrows, sufferings, failures, unhappiness, restlessness, etc. in their future life. And then, they repent and repent for not having developed the habit of performing moral and ethical actions during their student life and youth period.

In view of the foregoing, it is wisest for our students and youth to perform moral and ethical actions and derive immense benefits for themselves, both in their professional and secular life as well as in their spiritual life. And thereby, they can live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life.

**Source of detailed knowledge:** - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 7, volume no. 9.

This is a brief outline of the topic "laying the foundation of precious human life."

### Questions - 1

1. What is the meaning of moral and ethical conduct or *sadachara* ? (Marks - 3)
2. What is the necessity of moral and ethical conduct or *sadachara* ? (Marks - 5)
3. What is the importance of moral and ethical conduct or *sadachara* ? (Marks - 10)
4. What do our Scriptures speak about the importance of moral and ethical conduct or *sadachara* ? (Marks - 10)
5. In what manner can moral and ethical conduct or *sadachara* be performed ? (Marks - 3)
6. What are the benefits of performance of moral and ethical conduct or *sadachara* ? (Marks - 10)

### Questions - 2

1. Why is a human being without performance of moral and ethical conduct or *sadachara* likened as an animal? (Marks - 5)
2. Please explain how moral and ethical conduct or *sadachara* shapes the future destiny of a human being. (Marks - 5)
3. What will be the losses/disadvantages if human beings ignore or neglect to perform moral and ethical conduct or *sadachara* in their life? (Marks - 5)
4. Why is it wise for human beings to perform moral and ethical conduct or *sadachara* in their life? (Marks - 5)
5. Please explain why moral and ethical conduct or *sadachara* is more powerful than good physical health and powerful mind for human beings ? (Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

## **List of Complete Publications and Videos of the Author**

### **A. Publications**

#### **Students related publications**

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

#### **Teachers related publications**

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

#### **Other publications**

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

- Access internet, Log in <archive.org>
- Click - <Advance Search>. A box of fields will appear on the screen
- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

### **B. Videos**

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).